



Pick-WIC Paper



NORTH DAKOTA WIC PROGRAM

SEPTEMBER/OCTOBER 2020

Mini Tacos
Fruity Candy Corn Parfait
Quiche Muffins
Chocolate Chews
Chicken Stew

Mini Tacos

1 pound lean ground beef
 1 packet (1 ounce) taco seasoning, low-sodium preferred
 1 bag (10 ounces) scoop tortilla chips
 1-2 cups shredded cheddar cheese
 Taco toppings: taco sauce, chopped tomatoes, shredded lettuce, etc.

1. Wash hands with soap and water.
2. Heat oven to 350 degrees.
3. Place tortilla scoops on a baking sheet.
4. Prepare taco meat according to instructions on taco seasoning packet.
5. Use a small spoon to fill tortilla scoops with taco meat. Sprinkle each scoop with cheese.
6. Bake for about 8 minutes or until the cheese melts and scoops are warmed.
7. Top with taco toppings as desired.

Nutrition Note: This recipe makes 6 servings. Each serving has 460 calories, 26 grams of fat, 23 grams of protein, 36 grams of carbohydrates and 600 milligrams of sodium.



Great Mealtime Conversations
Start Here

Reconnect with those you love at mealtime.
 "How do you think you get to grow tall?"

Source: Mealtime Blessings, Chickasaw Nation WIC

Fruity Candy Corn Parfait

1 cup pineapple chunks, canned in juice, drained
 1 cup orange slices, cut into chunks
 1 cup low-fat or fat-free plain or vanilla yogurt



1. Wash hands with soap and water.
2. Layer pineapple chunks, then orange chunks in a small clear glass.
3. Spoon yogurt on top of fruit. Top with candy corn if desired.

Nutrition Note: This recipe makes 4 servings. Each serving (using fat-free vanilla yogurt) has 100 calories, 0 grams of fat, 2 grams of protein, 23 grams of carbohydrates and 30 milligrams of sodium.



Try This!

Plan a family meal
 once a week.



Quiche Muffins

¾ cup shredded cheddar cheese
 3 cups chopped vegetables and/or cooked meat
 (such as broccoli, potato, mushroom, bell pepper, bacon, ham, sausage)
 2 cups fat-free skim or 1% milk
 4 eggs
 1 cup baking mix (for biscuits or pancakes)
 1 teaspoon Italian seasoning
 ½ teaspoon salt
 ½ teaspoon pepper



1. Wash hands with soap and water.
2. Heat oven to 375 degrees. Coat 12 muffin cups with nonstick cooking spray or line with paper liners.
3. Sprinkle cheese and vegetables/meat in muffin cups.
4. Place remaining ingredients in a bowl and beat until smooth. Pour egg mixture over other ingredients in muffin cups.
5. Bake for 35-40 minutes or until internal temperature reaches 160 degrees on food thermometer.

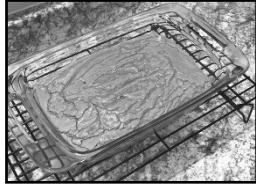
Recipe Adapted from www.foodhero.org

Nutrition Note: This recipe makes 12 muffins. Each muffin (using vegetables) has 100 calories, 3.5 grams of fat, 6 grams of protein, 11 grams of carbohydrates and 340 milligrams of sodium.

Chocolate Chews

(Submitted by a Walsh County WIC participant)

- 2 squares unsweetened chocolate or 6 tablespoons semisweet chocolate chips
- 1/3 cup butter
- 2 eggs, well beaten
- 1 cup white sugar
- 1 teaspoon vanilla
- 1 1/2 cups infant cereal or all purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt



1. Wash hands with soap and water.
2. Heat oven to 350 degrees. Coat an 8-inch square baking pan with nonstick cooking spray.
3. Melt chocolate and butter in a saucepan on the stove or in a microwave-safe bowl in the microwave.
4. In a separate bowl, combine eggs, sugar and vanilla. Stir in cereal or flour, baking powder and salt. Blend in chocolate mixture.
5. Spread into baking pan and bake for 25 minutes.
6. Cool and cut into squares. Dust with powdered sugar if desired.

Nutrition Note: This recipe makes 12 servings. Each serving has 200 calories, 8 grams of fat, 3 grams of protein, 32 grams of carbohydrates and 120 milligrams of sodium.

Crock-Pot™ Corner



Chicken Stew

- 3-4 potatoes, washed, peeled and quartered
- 1/2 bag (8 ounces) baby carrots
- 1 can (10.5 ounces) cream of chicken soup, low-fat and low-sodium preferred
- 2 boneless, skinless chicken breasts, cut into chunks
- Salt and pepper



1. Wash hands with soap and water before preparing the recipe and after handling chicken.
2. Put all ingredients in a slow cooker.
3. Cook on low for 6-8 hours.
4. Add frozen peas, if desired, the last hour of cooking.

Nutrition Note: This recipe makes 4 servings. Each serving (using low-fat, low-sodium soup) has 320 calories, 4.5 grams of fat, 32 grams of protein, 38 grams of carbohydrates and 380 milligrams of sodium.

Why breastfeed?

"Breastfeeding is the best nutrition for the baby and has huge benefits for me as well."

~ Lori, Breastfeeding Mom from Lake Region WIC



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children. Phone: 800-472-2286 Website: www.health.nd.gov/wic

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Health

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TEACHING LESSONS
to little ones ...



... is as simple as enjoying
DINNER TOGETHER.



MEALTIME
BLESSINGS

Nourish mind, body and spirit